IN THE CLAIMS:

Claims 1, 3, 7 and 13 are amended herein. Claim 21 is added. All pending claims are produced below.

Kindly amend claims 1, 3, 7 and 13 as indicated below. Kindly add new claim 21.

1. (Currently Amended) A method of inserting and integrating video data into a streaming digital medium over a communication network, the method comprising: selecting a transaction for implementing video enabling services;

transmitting a digital form for a user to complete on a user computing device to a user presenting to a user on a user computing device a digital form;

receiving a completed digital form;

completing the digital form, wherein

the digital form is used to request requesting the video enabling services to load a browser plug-in on the user computing device in response to receiving the completed digital form, the browser plug-in configured for video data recording;

using the browser-plug-in to record video data;

uploading receiving the video data recorded by the browser plug-in to a media vault; storing a video token into a database in response to the received video data, the video

loading into the user computing device the digital medium and the video data from the media vault, wherein the video token identifies and requests the video data

to be loaded from the media vault; and

presenting the digital medium and the video data on the user computing device.

token associated with the video data in the media vault.; and

- (Original) A method according to claim 1, wherein the digital medium comprises a web page.
- 3. (Currently Amended) A method according to claim 1 further comprising presenting the digital[[.]] form to the user in HTML format.
- 4. (Original) A method according to claim 1 further comprising using the browser plugin to record video data.
- 5. (Original) A method according to claim 4, wherein the video data is recorded with a video camera.
- 6. (Original) A method according to claim 1, wherein the video token uniquely identifies the video data that is stored in the media vault.
- 7. (Currently Amended) A method of inserting and integrating video data into a streaming digital medium, the method comprising:

presenting transmitting a browser plug-in and a digital form to the user, wherein the user is prompted to complete the form;

uploading the video data to a media vault upon the user completing the form; storing a video token in a database, wherein the video token is associated with the video data; and

- presenting transmitting the streaming digital medium to the user, wherein the video data associated with the video token from the media vault is inserted and integrated into the digital medium in response to a user request for the streaming digital medium.
- 8. (Original) A method according to claim 7, wherein the digital medium comprises an email.

- 9. (Original) A method according to claim 7 further comprising presenting the digital form to the user in HTML format.
- 10. (Original) A method according to claim 7 further comprising using the browser plugin to record video data.
- 11. (Original) A method according to claim 10, wherein the video data is recorded with a video camera.
- 12. (Original) A method according to claim 7 further comprising importing video data from a memory of a computing device.
- 13. (Currently Amended) A method according to elaim 1 claim 7, wherein the video token uniquely identifies the video data that is stored in the media vault.
- 14. (Original) A system for inserting and integrating video data into a streaming digital medium, the system comprising:
 - means for presenting a browser plug-in and a digital form to the user, wherein the user is prompted to complete the form;
 - means for uploading the video data to a media vault upon the user completing the form;
 - means for storing a video token in a database, wherein the video token is associated with the video data; and
 - means for presenting the digital medium to the user, wherein the video data from the media vault is inserted and integrated into the digital medium.
- 15. (Original) A system according to claim 14, wherein the digital medium comprises one of a web page or an email.

- 16. (Original) A system according to claim 14, wherein the digital form is presented to the user in HTML format.
- 17. (Original) A system according to claim 14, wherein the browser plug-in is used to record video data.
- 18. (Original) A system according to claim 17, wherein the video data is recorded with a video camera.
- 19. (Original) A system according to claim 14, wherein the video data is imported from a memory of a computing device.
- 20. (Original) A system according to claim 14, wherein the video token uniquely identifies the video data that is stored in the media vault.
- 21. (New) The method of claim 1, further comprising:
 transmitting to the user computing device the streaming digital medium including the video data from the media vault, wherein the video token identifies and requests the video data to be loaded from the media vault;
 and presenting the digital medium and the video data on the user computing device.